



## Who Needs Folate?



Everybody! Women who are pregnant, breastfeeding, or taking birth control pills need extra folate. Folate is a vitamin that helps make new red blood cells and protects against some kinds of birth defects. Another name for folate is folic acid.

## Which Folate Foods Do You Eat?

Circle the ones you like best.

orange juice

fortified cereals

broccoli

sunflower seeds

asparagus

spinach

peas

liver

pineapple juice

baked beans

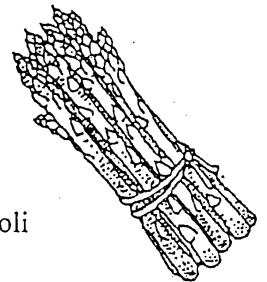
lima beans

whole wheat bread

oatmeal

split peas or lentils

wheat germ



Small amounts of folate are found in a lot of foods, so pick foods from all the groups of the food guide pyramid.

**Still need ideas??? Try these great recipes!**

### Split Pea Soup

1 1/2 cups dry green split peas  
1/2 cup onion, chopped  
Pepper to taste

1 small smoked ham hock  
1/2 teaspoon salt  
6 cups water



Add peas, ham hock, onion, salt, and pepper to water. Simmer, covered 1 1/2 hours or until ham hock is tender. Remove ham hock and cut meat from bone. Cut meat into small pieces. Return meat to soup. Heat to serving temperature.

## Hot Cereal Mix



2 1/2 cups oatmeal, dry  
1 cup farina  
1/2 cup nonfat dry milk powder

1 cups nuts, chopped  
1 cup whole wheat flour  
1 cup raisins

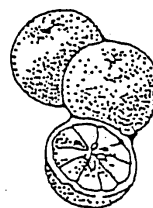
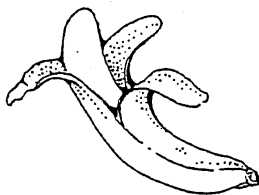
Mix everything together. Store in an airtight container until ready to cook. Makes about 6 cups of dry cereal mix.

### To cook the cereal:

Boil 1 1/2 cups water. Stir in 1 cup dry cereal mix. Reduce heat. Cook and stir for about 3 minutes. Serve with milk and fruit or honey, if desired. 1 cup of dry cereal makes 4 servings of cooked cereal, 1/2 cup each.

## Ambrosia Shake

3 ripe bananas  
1 1/2 cups dry milk powder  
1/2 cup orange juice  
2 1/2 cups water  
1/2 teaspoon vanilla or coconut flavoring



Mash bananas well. Slowly add remaining ingredients and mix well. Use a beater or blender if available. Chill and serve. Serves six.

